Double Sieve Juicer

Whole fruit juice extractor

Instruction Booklet

JE7800 Double Sieve Juicer Pro

JE5600 Double Sieve Juicer

Please read these instructions carefully and retain for future reference.



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Important instructions – retain for future use.

تأكد من تفهّم احتياطات السلامة المذكورة اعلاه

請務必理解上述的安全預防措施。

Assurez-vous que les précautions ci-dessus relatives à la sécurité sont bien comprises

Versichern Sie sich, dass die obenstehenden Sicherheitsmaßnahmen Verstanden werden

Βεβαιώνετε πως οι παραπάνω προφυλάξεις ασφαλείας γίνονται κατανοητές

Pastikan bahwa tindakan-tindakan keselamatan seperti di atas dimengerti anda

Accertatevi che le suddette norme di sicurezza siano comprese a dovere

上記の注意事項をよくお読みになり、安全を御確認ください

Уверете се дека погоре споменатите мерки на претпазливост се добро разбрани

Asegúrese de que las precauciones de seguridad precedentes sean bien comprendidas

کاری بکنید که احتیاط‌های بالا حتماً درك بشوند

ต้องแน่ใจว่า ข้อควรระวังเรื่องความปลอดภัยข้างต้นเป็นที่เข้าใจกันดี

Yukarda belirtilen güvenlik önlemlerinin anlaşıldığından emin olunuz

Xin kiểm chắc rằng những biện pháp làm an toàn kể trên được hiểu rõ

Sunbeam's Safety Precautions

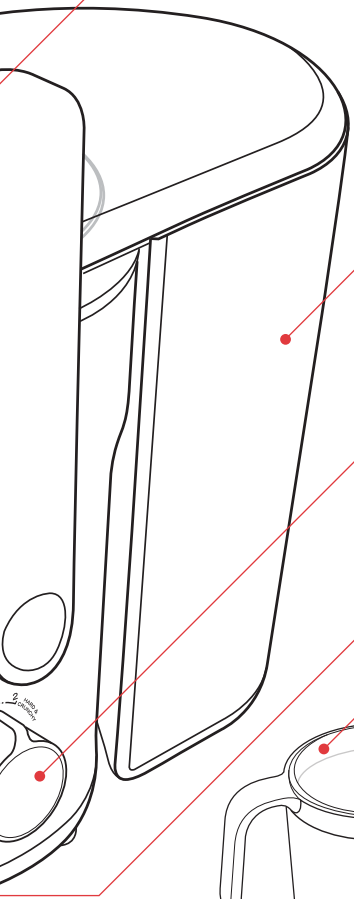
SAFETY PRECAUTIONS FOR YOUR SUNBEAM JUICER.

- Do not put fingers or other objects into the feed chute whilst the juicer is in operation, always use the food pusher provided.
- If any fruit or vegetables become lodged in the feed chute, use the food pusher or turn off the juicer, remove the plug from the power outlet and disassemble to remove the lodged fruit or vegetables.
- Never operate without pulp container.
- Ensure the juicer is correctly and completely assembled before turning the appliance 'On'.
- Switch off the appliance and disconnect from power supply before changing accessories or parts that move in use.
- Ensure the juicer cover is fixed securely and pulp container is in place before juicer is turned on. Do not fasten the locking arm while the juicer is in operation.
- Juicing blades are very sharp, handle Double Sieve filter basket with care when removing, replacing and cleaning.
- Do not operate if Double Sieve filter basket is damaged.
- Always operate the juicer on a flat, level surface.
- Do not operate for more than 20 seconds at a time when juicing heavy loads. None of the recipes in this manual are considered a heavy load.

Sunbeam is very safety conscious when designing and manufacturing consumer products, but it is essential that the product user also exercise care when using an electrical appliance. Listed below are precautions which are essential for the safe use of an electrical appliance:

- Read carefully and save all the instructions provided with an appliance.
- Always turn the power off at the power outlet before you insert or remove a plug. Remove by grasping the plug - do not pull on the cord.
- Turn the power off and remove the plug when the appliance is not in use and before cleaning.
- Do not use your appliance with an extension cord unless this cord has been checked and tested by a qualified technician or service person.
- Always use your appliance from a power outlet of the voltage (A.C. only) marked on the appliance.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Children should be supervised to ensure that they do not play with the appliance.
- The temperature of accessible surfaces may be high when the appliance is operating.
- Never leave an appliance unattended while in use.
- Do not use an appliance for any purpose other than its intended use.
- Do not place an appliance on or near a hot gas flame, electric element or on a heated oven.
- Do not place on top of any other appliance.
- Do not let the power cord of an appliance hang over the edge of a table or bench top or touch any hot surface.
- Do not operate any electrical appliance with a damaged cord or after the appliance has been damaged in any manner. If damage is suspected, return the appliance to the nearest Sunbeam Appointed Service Centre for examination, repair or adjustment.
- For additional protection, Sunbeam recommend the use of a residual current device (RCD) with a tripping current not exceeding 30mA in the electrical circuit supplying power to your appliances.
- Do not immerse the appliance in water or any other liquid unless recommended.
- Appliances are not intended to be operated by means of an external timer or separate remote control system.
- This appliance is intended to be used in household and similar applications such as: staff kitchen areas in shops, offices and other working environments; farm houses; by clients in hotels, motels and other residential type environments; bed and breakfast type environments.

If you have any concerns regarding the performance and use of your appliance, please visit www.sunbeam.com.au or contact the Sunbeam Consumer Service Line.
Ensure the above safety precautions are understood.



Stainless steel Double Sieve filtering basket

The Double Sieve filtering basket is designed to extract more juice from fruit and vegetables. The blades and basket are constructed with die-cast metal and fitted with stainless steel photo-etched mesh for durability, performance and cleaning ease.

2 Litre external pulp container

Large 2 litre capacity pulp container is ideal for extracting large volumes of juice without stopping. Once full the pulp container can be easily removed without having to dismantle the juicer.

Control dial with two speeds and off

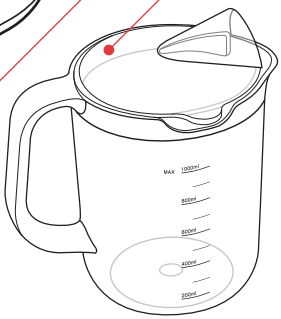
Two-speed electronic control with 1000 watt motor maximises juicing results. ‘Soft and Squeezy’ speed for soft fruits with high water content including oranges and watermelon. ‘Hard and Crunchy’ speed for harder and fibrous fruit and vegetables such as apples, ginger, celery and carrots

Cord wrap

Cord wraps away to keep bench top clean.

Juicing jug

Large 1 litre juicing jug with froth separating lid ensuring an easy pour and a smooth tasting juice.





Cleaning brush

Helps makes cleaning the filter basket easy. Simply wash under running water whilst pulp is still moist.

Helpful hints for juicing

Preparing fruit and vegetables

Wash all fruit and vegetables well before juicing. There is no need to peel vegetables that have a thin skin but a light scrub with a clean sponge will help rid of any dirt that may be stuck on or any waxy coatings.

Peel fruit and vegetables that have a thick skin such as melons, pineapple and citrus fruit.

Juice only the freshest of fruit and vegetables to get the most nutrients out of them and the best flavours.

Cut large pieces of fruit, such as melons into large wedges.

Some seeds from citrus fruits can be bitter so you may want to remove some of the seeds before juicing.

Remove seeds and stones from fruit such as mangoes, papaya and stone fruit. This will prevent the blade from getting damaged.

Juicing techniques

When juicing different fruit and vegetables it may help to juice in different combinations. For example, when juicing apples and oranges, juice the soft fruit (oranges) first, then follow with the hard fruit (apples) second. This will help you to achieve the maximum juice extraction from the fruit and vegetables.

When juicing fresh herbs such as mint or parsley, add the herbs in between the fruit and vegetables to get the most out of the herb or if only using a small quantity, add the herb at the same time as a piece of fruit and vegetable.

Bananas can be hard to juice but the taste goes a long way. When juicing a blend of fruit with bananas, add the banana as either the first or second piece of fruit. The nectar of the banana will sit inside the filtering basket and as the remaining fruits are added into the juice extractor they will release the banana nectar throughout the rest of the juice resulting in frothy flavoursome juice.

When juicing small fruit such as grapes or strawberries, add the fruit in handfuls rather than one at a time, this will maximise the amount of juice extracted.

Be aware that beetroot stains all other fruit and vegetables. If juicing several different juice combinations, juice the drink with the beetroot last, so as to not stain the other drinks.

A guide to the benefits of juicing

Fruit / Vegetable	Source of	Benefits	KJ per 100g
Apples	Carotenes, pectin, potassium, vitamin C and dietary fibre, energy giving carbohydrates.	May help in the treatment of constipation.	150kj/100g
Apricots	Beta-carotene, iron, vitamin C, dietary fibre.	High in natural sugars for energy.	280kj/100g
Banana	Potassium, carbohydrates, dietary fibre, vitamin B6, vitamin C.	Provides sustained energy.	225kj/100g
Beetroot	Folate, potassium, leafy tops are rich in beta carotene, calcium and iron.	The folate is excellent for healthy cells.	120kj/100g
Blueberries	Carotenoids, vitamin C.	Antibacterial.	200kj/100g
Capsicum	High in vitamin C, beta carotene.	1 red capsicum has enough vitamin C to meet the daily needs of 10 people.	135kj/100g
Carrots	Beta carotene, folate, dietary fibre.	May help with night vision.	100kj/100g
Celery	Only small amounts of vitamins and minerals.	Helps to clean mouth and teeth.	50kj/100g
Cherries	Very high in vitamin C, dietary fibre.	May help to stabilise the heartbeat and also keeps the skin healthy.	170kj/100g
Cucumber	Only small amounts of vitamins and minerals.	May help with flatulence.	30-50kj/100g
Fennel	Beta carotene, folate.	Fennel seeds are good for digestion.	50kj/100g
Ginger		Aids in digestion and is good for nausea and improves circulation.	
Grapefruit	Rich in vitamin C, fibre, bioflavenoids.	Pink grapefruit contains Lycopene which is an anti-cancer agent and may reduce the risk of prostate cancer.	110kj/100g
Honeydew Melon	Vitamin C, small amounts of carotenoids.	May stimulate the kidneys to help function better.	130kj/100g
Kiwi Fruit	Beta carotene, vitamin C, bioflavenoids, dietary fibre.	Helps in digestion and cleansing of the skin.	180kj/100g
Lemon	Bioflavenoids, limonene, pectin, vitamin C.	The pectin may help reduce blood cholesterol.	95kj/100g
Lime	Bioflavenoids, limonene, pectin, vitamin C.	The pectin may help reduce blood cholesterol.	90kj/100g
Mandarins	Vitamin C, beta carotene, folate,	Vitamin C helps build the immune system	165kj/100g

A guide to the benefits of juicing (continued)

Fruit / Vegetable	Source of	Benefits	KJ per 100g
Mango	Beta carotene, potassium, flavenoids and other antioxidants.	Easy to digest.	235kj/100g
Mint	Antispasmodic volatile oils, flavenoids, menthol.	Aids digestion.	
Oranges	High in vitamin C, fibre, beta carotene, flavenoids, thiamine, pectin, folate.	Excellent for healthy skin and helps the body's defences against bacterial infections.	100kj/100g
Papaya	Protective carotenoids, rich in vitamin C, fibre, rich in papain.	Helps digest proteins.	160kj/100g
Parsley	Vitamin C, iron.	Excellent for fresh breath.	
Pawpaw	Beta carotene, flavenoids, magnesium, rich in papain.	Helps digest proteins.	163kj/100g
Peaches	Good source of vitamin C, dietary fibre, beta carotene.	Easy to digest and works as a gentle laxative.	130kj/100g
Pears	Very good source of dietary fibre.	Provide a quick source of energy.	190kj/100g
Pineapple	Vitamin C, dietary fibre, beta carotene.	Helps to digest protein.	160kj/100g
Plums	Vitamin E, potassium, beta carotene, malic acid.	May help to retard the effects of wrinkling.	110-155kj/100g
Raspberries	High in dietary fibre, excellent source of vitamin C, some folate.	Helps in treating constipation.	110kj/100g
Rockmelons	Excellent source of vitamin C, beta carotene, carotenoids.	May help in the prevention of cancer and heart disease.	90kj/100g
Spinach	Zeaxanthin, vitamin C, beta carotene, folate, dietary fibre.	Helps in keeping eyes healthy in the elderly.	65kj/100g
Strawberries	Vitamin C, dietary fibre, some folate.	Helps to absorb iron better after eating meat.	80kj/100g
Tomatoes	Rich in lycopene, vitamin C, and small amounts of vitamin E, folate, dietary fibre.	May help reduce the risk of prostate cancer in men.	55kj/100g
Watercress	Vitamin C & E, folate, beta carotene, iron.	Thought to have cancer fighting properties.	72kj/100g
Watermelon	Carotenoids, beta carotene, vitamin C, dietary fibre.	May stimulate the kidneys to help function better.	95kj/100g

Assembling your Sunbeam Double Sieve Juicer

Before Use

After unpacking your Double Sieve Juicer we recommend that you dissemble the unit before using for the first time. Wash all parts except the motor base in hot soapy water. Rinse and dry immediately.

Important: Always ensure your juicer is unplugged from the power outlet when not in use, during assembling or whilst removing parts.

1. Set the motor base on a dry, level surface. For convenience when juicing, have the control switch facing you – figure 1.

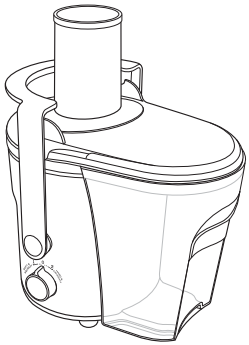


Figure 1

2. Place the juice collector / bowl onto the top of the motor base – figure 2.

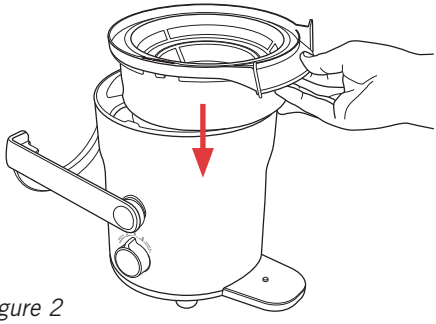


Figure 2

3. Position the stainless steel double sieve filtering basket onto the motor drive shaft and push down until firmly in place – figure 3.

Important: Ensure that the card disc protecting the Double Sieve filter basket blades is removed before use.

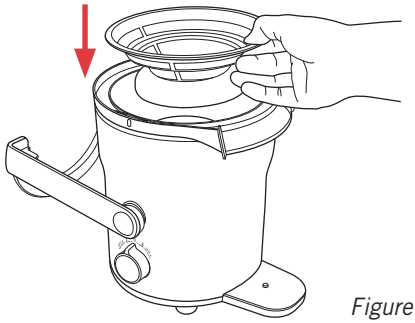


Figure 3

4. Place the juicer cover onto the juice collector / bowl, with the feed chute positioned over the stainless steel double sieve filtering basket and push into position – figure 4.

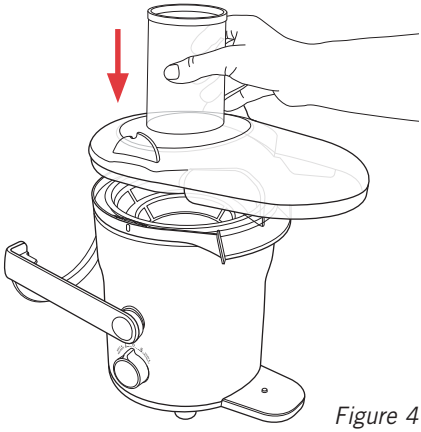


Figure 4

5. Secure the juicer cover by raising the locking arm and securing into the grooves on the juicer cover – figure 5.

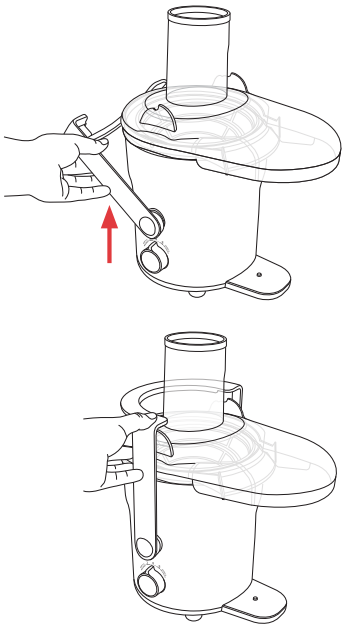


Figure 5

6. Slightly tilt the pulp container and slide into place under the juicer cover – figure 6.

Tip: To reduce cleaning we recommend that you line the pulp container with a plastic bag to collect the pulp.

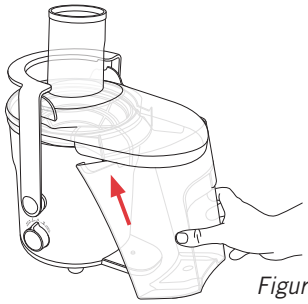


Figure 6

7. Take the food pusher, align the groove on the food pusher with the notch on the inside of the feed chute and slide the food pusher down into the feed chute – figure 7.

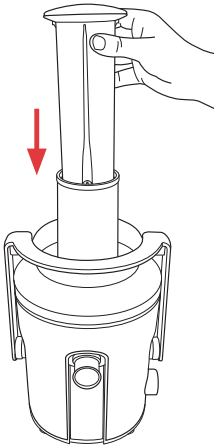


Figure 7

8. Position the juicing jug under the spout – figure 8.

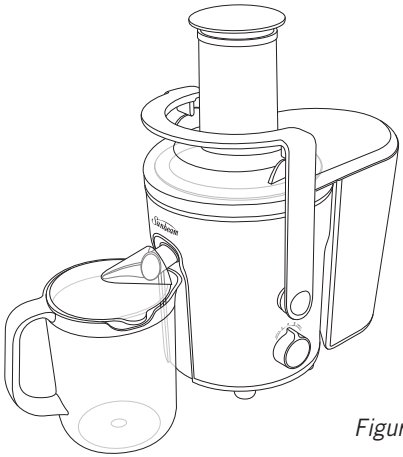


Figure 8

Operating your Sunbeam Double Sieve Juicer

Important: Do not operate for a total period longer than 20 minutes per session.

Note: The Double Sieve Juicer should be completely assembled before use, if this is not the case see 'Assembling your Double Sieve Juicer' on page 7.

1. Ensure the control dial on the juicer is in the central 'Off' position and insert the power cord into a 230-240V AC power outlet and turn the power to 'On'.
2. Clean fruit and vegetables thoroughly, ready for juicing.

Note: The large feed chute allows whole fruit and vegetables to be juiced, however some fruit and vegetables may require other preparation before juicing, such as peeling or removing stones, see 'Juicing speed guide' on page 10 for our recommendations.

3. Ensure that the juicer has been assembled correctly, making sure that the stainless steel double sieve filtering basket revolves properly before placing fruit and vegetables in the juicer.

Note: The stainless steel double sieve filtering basket should be cleaned thoroughly before each use, see 'Care and cleaning' on page 12.

4. Place the juicing jug under the juice spout.
5. Select speed using the control dial. To select 'Soft and Squeezy' speed, turn the control dial to the left. To select 'Hard and Crunchy', turn he control dial to the right.

For optimum juicing results, 'Soft and Squeezy' speed is primarily used for soft fruit and vegetables, particularly those with high water content and 'Hard and Crunchy' speed is ideal for hard and fibrous fruit and vegetables. A list of fruit and vegetables commonly used for juicing and their recommended juicing setting and specified in the 'Juicing speed guide' on page 10.

Important: Do not operate for more than 20 seconds at a time when juicing heavy loads. None of the recipes in this manual are considered a heavy load.

6. With the juicer in operation, place the fruit and vegetables into the feed chute. Using the food pusher, guide the fruit and vegetables down the feed chute and onto the stainless steel blade.

   Tip: For maximum juice extraction, guide the food pusher down the feed chute in a slow downward motion.

Important: Do not push fruit or vegetables into the feed chute with your fingers, always use the food pusher provided.

7. The juice from the fruit and vegetables will flow directly into the jug or glass and the pulp will be separated and collected in the pulp container.

Important: When juicing be aware of the level of pulp in the pulp collection container, because if the container is overfilled this can cause damage to the appliance and prevent the juicer from operating correctly.

8. When juicing is complete ensure that the juicer is switched 'Off' and unplugged from the power outlet.

Juicing speed guide

Not all fruit and vegetables should be juiced at the same speed. To maximise juicing results, soft fruits with high water content should be juiced at lower speeds and high speed is ideal for hard and fibrous fruit and vegetables.

Soft and Squeezy Speed	
Kale	Mint
Spinach	Watercress
Grapes	Broccoli
Cabbage	Sweet Potatoes
Apricots – remove stone	Mandarins – remove skin
Banana – remove skin	Mangoes – remove skin & seed
Blueberries	Oranges – remove skin
Capsicum – remove seeds	Pawpaw
Cherries – remove pips	Peaches - remove stone
Cucumber	Plums – remove stone
Grapefruit – remove skin	Raspberries
Honeydew Melon – remove skin	Rock Melon – remove skin
Kiwi Fruit – remove skin	Strawberries
Lemon – remove skin	Tomatoes
Lime – remove skin	Watermelon – remove skin

Hard and Crunchy Speed	
Apples	Ginger
Beetroot	Papaya
Carrots	Pears
Celery	Pineapple – remove skin
Fennel	Pears

Disassembling your Sunbeam Double Sieve Juicer

1. Turn the power 'Off' at the power outlet and unplug the cord.
2. Slightly tilt the pulp container and slide away from the juicer – figure 9.

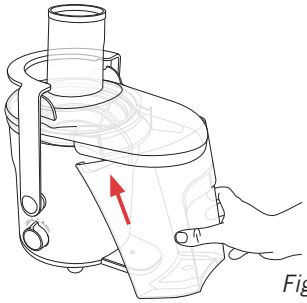


Figure 9

3. Grip the safety locking arm and pull downwards to release – figure 10.

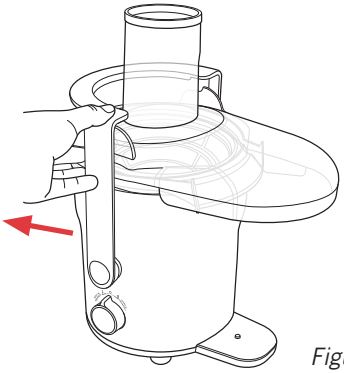


Figure 10

4. Lift the juicer cover from the juice collector/bowl – figure 11.

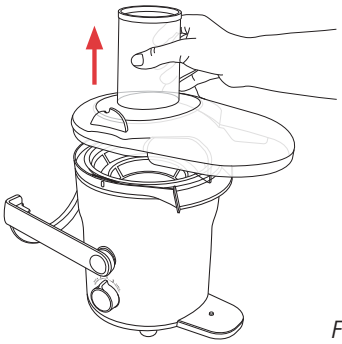


Figure 11

5. Place fingers under the rim of the stainless steel blade and filtering basket and lift out – figure 12.

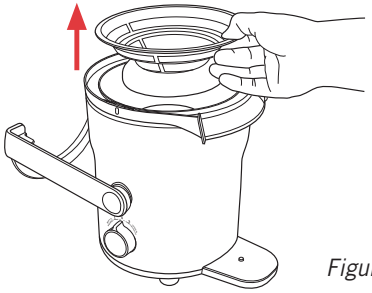


Figure 12

Important: Juicing blades are very sharp, handle juicing filter basket with care when removing, replacing and cleaning.

6. Lift the juice collector/bowl from the motor base – figure 13.

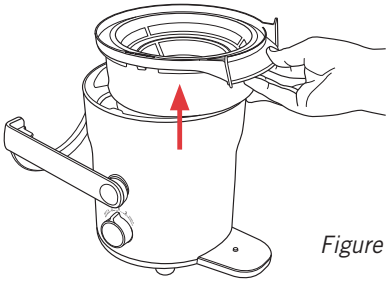


Figure 13

Care and cleaning

Note: Ensure that the juicer is unplugged from the power outlet prior to cleaning.

Quick clean

For easy cleaning, ensure that immediately after use that the juicer is disassembled and that each removable part is rinsed under running water, removing any wet pulp and then allow to air dry.

Thorough cleaning

Disassemble the juicer and place all removable parts aside, see 'Disassembling your Double Sieve Juicer on page 11.

Rinse the juice collector, juicer cover, pulp container and food pusher under running water and wash with warm, soapy water. Rinse well.

To clean the stainless steel double sieve filtering basket, hold under warm running water and using an cleaning brush, brush the outside of the basket first. Then with the basket still under running water, brush the inside of the basket in an anti-clockwise direction to remove the pulp. To ensure the stainless steel double sieve filtering basket is free of all remaining pulp, hold it to the light and ensure that the holes in the filtering basket are not blocked

Important: Juicing blades are very sharp, handle juicing filter basket with care when removing, replacing and cleaning.

Use a soft, damp cloth to wipe the motor base clean.

To clean the motor base

Clean the motor base of the juicer using a damp soft sponge with mild detergent and wipe over the appliance.

Important: Never immerse the motor base in water or any other liquid.

Troubleshooting guide

Problem	Possible cause	What to do
Juicer will not start when speed is selected.	The juicer hasn't been assembled correctly.	See 'Assembling your Double Sieve Juicer' on page 7.
The juicer motor appears to struggle during operation.	Pulp container is full.	Empty the pulp container.
	Pulp is caught in the juicer cover.	Stop juicing, remove the juicer cover and clean out pulp. See 'Disassembling your Double Sieve Juicer' and 'Care and Cleaning' sections. Try a slower juicing action – guide the food pusher down the feed chute in a slow downward motion.
	Stainless steel double sieve filtering basket is blocked with excess pulp.	After extended juicing of fibrous fruit and vegetables the mesh on the filtering basket may need to be cleaned. Stop juicing, disassemble the juice extractor and clean the filtering basket. See 'Disassembling your Double Sieve Juicer' and 'Care and Cleaning' sections.
	The selected juicing speed is incorrect.	See 'Juicing speed guide' on page 10.
You notice less juice coming out of the juice spout.	Large amounts of highly fibrous fruit and vegetables have caused excess pulp to build up in the filtering basket.	Stop juicing, disassemble the juice extractor and clean the filtering basket. See 'Disassembling your Double Sieve Juicer' and 'Care and Cleaning' sections.
The juicer motor stops or will not start.	The motor has been overloaded.	Unplug the juicer, allow it to cool and press the re-set button located underneath the machine.

Recipes

DETOX AND CLEANSING DRINKS

All these juices help to cleanse toxins from the body.

For all recipes in this section process all ingredients, in the order listed, through the juicer, stir and serve immediately.

Carrot Cleanser

Makes approx 6 cups

5 carrots
2 stalks celery
2 cups kale
1 apple
1 beetroot, quartered
1 orange, peeled

The Purifier

Makes approx 6 cups

2 large cucumbers
1 pineapple, skin removed
1 bunch fresh mint
1 lemon, peeled
2cm piece ginger
2 cups kale

Body Cleanser

Makes approx 3 cups

5 sprigs fresh parsley
4 apples
3 stalks celery
1 cucumber
1 lemon, peeled
1 lime, peeled

Skin Refresher

Makes approx 3 cups

4 carrots
1 apple
1 red capsicum, cored and seeds removed

Potassium Juice

Makes approx 3 cups

3 carrots
3 stalks celery
2 apples
½ bunch fresh parsley
2 cups spinach

JUICE REMEDIES

All these juices are rich in vitamins and minerals. A great way to start the day.

For all recipes in this section process all ingredients, in the order listed, through the juicer, stir and serve immediately.

Morning Starter
Makes approx 4 cups
5 carrots
4 sprigs fresh mint
1 apple
1 beetroot, quartered

Green Vitamin C
Makes approx 3 cups
4 stalks celery
3 apples
1 head broccoli, chopped
1 cucumber
¼ cup fresh parsley sprigs

Refreshing Renewal
Makes approx 3 cups
4 apples
1 cucumber
1 fennel bulb, quartered
1 bunch fresh mint
2cm piece ginger

Ginger Root Boost
Makes approx 3 cups
6 carrots
3 apples
1 lemon
2cm piece ginger

Mean Green Juice
Makes approx 3 cups
3 apples
2 stalks celery
1 cucumber
2 cups spinach

Tummy Calmer
Makes approx 3 cups
4 apples
2 cups spinach
½ small cabbage, quartered

Spinach Energizer
Makes approx 3 cups
3 apples
1 baby fennel, quartered
1 cucumber
2 cups spinach

The Flu Fighter
Makes approx 3 cups
6 carrots
2 stalks celery
1 apple
1 bunch fresh parsley

Immunity Booster
Makes approx 3 cups
3 carrots
1 apple
1 beetroot, quartered
1 stalk celery
1 cucumber
½ bunch fresh parsley

FAMILY FAVOURITES

Juices the entire family will enjoy.

For all recipes in this section process all fruit and vegetables, in the order listed, through the juicer. Add any vanilla extract to the finished juice, stir and serve immediately.

Apple Green Grape

Makes approx 3 cups

5 apples

1 lemon, peeled

2 cups green grapes

The Red Racer

Makes approx 5 cups

500g watermelon, skin removed

250g fresh raspberries

2 apples

2 oranges, peeled

Minty Peach

Makes approx 5 cups

3 peaches, stone removed

1 apple

1 lime, peeled

½ bunch fresh mint

Plum, Orange and Vanilla Juice

Makes approx 4 cups

10 black plums, stone removed

6 oranges, peeled

½ teaspoon vanilla extract

Tropical Slurp

Makes approx 5 cups

3 oranges, peeled

1 mango, skin and stone removed

1 pineapple, skin removed

Mojito Juice

Makes approx 4 cups

1 apple

1 cucumber

1 lime, peeled

½ cup fresh basil

½ bunch fresh mint

PULP RECIPES

Don't throw away the juicer pulp. The Test Kitchen has some great recipes that will ensure you utilize the entire fruit/vegetable!

Carrot and Pineapple Cake

Serves: 10-12

2 cups plain flour

2 teaspoons baking powder

1 teaspoon ground cinnamon

½ teaspoon mixed spice

4 eggs

1 ½ cups sunflower oil

1 cup caster sugar

½ cup brown sugar

1 cup carrot pulp

½ cup pineapple pulp

½ cup walnuts, chopped

Icing:

250g butter, softened

250g cream cheese, softened

5 cups icing sugar

1. Preheat oven to 180°C. Grease and line a 23cm spring form cake pan with baking paper.
2. In a large bowl combine flour, baking powder, cinnamon and mixed spice.
3. Add eggs, oil, sugars and fruit pulp. Stir to combine. Gently fold through walnuts.
4. Pour into prepared pan and bake for 50-60 minutes until cooked. Remove from pan and allow to cool on a wire rack.
5. To make the icing, place butter and cream cheese in the bowl of an electric mixer. Beat until light and fluffy. Gradually add icing sugar to the butter. Continue to beat until light and all ingredients are well combined. Cover top and sides of cooled cake with icing. Serve.

Kale and Italian Sausage Tart

Spinach can be used instead of kale, if desired.

Makes: 1 Tart

1 sheet premade short crust pastry

1 tablespoon olive oil

20g butter

2 onions, chopped

2 cloves garlic, crushed

500g Italian sausages, roughly chopped

1 ½ cups kale pulp

¼ cup white wine

3 eggs

½ cup fresh ricotta

Salt and freshly ground black pepper, to taste

1. Preheat oven to 180°C. Grease a 20cm round tart pan.
2. Roll pastry out into a 23cm circle and gently place in tart tin. Cover with baking paper and fill with uncooked rice. Bake for 10 minutes (Blind Baking). Remove baking paper and rice. Cook for a further 10 minutes or until base is golden.
3. Place oil and butter in a large frypan over medium heat. Add onion and garlic cooking for 3-4 minutes or until tender. Remove from pan.
4. Add sausage to the pan and cook for 2-3 minutes or until golden. Add kale and onion mixture to the pan. Pour in white wine and allow to reduce by half. Season to taste with salt and pepper. Set aside to cool.

5. Stir egg and ricotta through the cooled mixture. Pour into prepared tart case and bake for 10-15 minutes or until cooked. Serve hot or cold.

Pear and Ginger Cake

Serves: 8-10

150g butter, melted

1 cup brown sugar

¼ cup milk

3 eggs

1 ½ cups self-raising flour

1 tablespoon ginger pulp

½ teaspoon ground cinnamon

2 cups pear pulp

1. Preheat oven to 180°C. Grease and line a 20cm cake pan with baking paper.
2. In a large bowl combine butter, sugar, milk and eggs.
3. To the bowl add remaining ingredients. Stir mixture until just combined. Pour into prepared pan. Bake for 1 hour or until cooked when tested. Remove from pan and allow to cool on a wire rack.

Spinach and Fetta Muffins

The spinach pulp in this recipe can be substituted with almost any vegetable pulp.

Makes: 12

2 ½ cups self-raising flour

1 cup spinach pulp

¼ cup grated parmesan cheese

1 ⅓ cups milk

200g feta cheese, crumbled

90g butter, melted

1 egg

1. Preheat oven to 180°C. Lightly grease 12 x 1 cup capacity muffin pan.
2. In a large bowl combine flour, spinach and parmesan cheese.
3. In a separate bowl combine remaining ingredients, stirring until combined.
4. Pour wet ingredients into dry ingredients and fold until just combined. Divide mixture evenly into the muffin pan. Bake for 20 minutes or until cooked when tested. Remove from pan and allow to cool on a wire rack.

Chocolate Ginger Beetroot Cake

Serves: 10-12

2 cups self raising flour

¾ cup dark cocoa

2 teaspoons ground cinnamon

1 cup beetroot pulp

2 teaspoons ginger pulp

300g butter, room temperature

2 cups caster sugar

2 teaspoons vanilla extract

5 eggs

⅔ cup milk

For the chocolate icing:

250g unsalted butter, softened to room temperature

1 cup icing sugar

100g dark chocolate, melted

1. Preheat the oven to 170°C. Grease and line the base and sides of a 28cm spring form pan with baking paper.
2. Sift the flour, cocoa and cinnamon together. Fold through the beetroot and ginger.
3. Cream the butter, sugar and vanilla for 5 minutes, or until light and fluffy, regularly scrape down the sides of the bowl with a spatula.
4. Add the eggs one at a time, beating thoroughly in between each egg.
5. Fold the flour and beetroot mixture into the egg mixture alternatively with the milk until well combined.
6. Pour into prepared cake pan. Bake for 50 to 55 minutes or until cake is firm to the touch and slightly pulling away from the sides of the pan. Cool completely before icing.
7. For the icing, beat butter until pale and fluffy; slowly add icing mixture whilst still beating. Fold through melted chocolate until well blended. Spread evenly over cake.

Apple Cake

Serves: 8-10

2 ¾ cups plain flour

1 tablespoon baking powder

1 tablespoon ground cinnamon

2 eggs

2 cups apple pulp

2 cups caster sugar

1 cup vegetable oil

1 cup walnuts, chopped

¼ cup orange juice

3 teaspoons vanilla essence

1. Preheat oven to 180°C. Grease and line a 23cm cake pan with baking paper.
2. Sift flour, baking powder and cinnamon into a large bowl.
3. In a separate bowl combine remaining ingredients
4. Pour wet ingredients into flour and fold until just combined. Pour into prepared pan. Bake for 60 to 75 minutes or until cooked when tested. Remove from pan and allow to cool on a wire rack.

Notes

12 Month Warranty

This Sunbeam product is covered by a 12 month replacement or repair warranty, which is in addition to your rights under the Australian Consumer Law (if your product was purchased in Australia) or New Zealand Consumer Guarantees Act (if your product was purchased in New Zealand).

Should you experience any difficulties with your product during the warranty period, please contact our customer service line for advice on 1300 881 861 in Australia, or 0800 786 232 in New Zealand.

Alternatively, you can send a written claim to Sunbeam to:

Australia

Units 5 & 6, 13 Lord Street

Botany NSW 2019 Australia

New Zealand

26 Vestey Drive

Mt Wellington, Auckland New Zealand

Upon receipt of your claim, Sunbeam will seek to resolve your difficulties or, if the product is defective, advise you on how to obtain a replacement or refund.

To assist us in managing warranty claims, we recommend you register your product as soon as practicable after purchase by creating a MySunbeam account on our website and send a copy of your original receipt to Sunbeam.

In order to make a claim under our warranty, you must have the original proof of purchase documentation for the product and present it when requested .

Should your product develop any defect within 12 months of purchase because of faulty materials or workmanship, we will replace or repair it, at our discretion, free of charge. A product presented for repair may be replaced by a refurbished product of the same type rather than being repaired. Refurbished parts may be used to repair the product.

Our replacement or repair warranty only applies where a defect arises as a result of faulty material or workmanship during the warranty period. Your warranty does not cover misuse or negligent handling (including damage caused by failing to use the product in accordance with this instruction booklet), accidental damage, or normal wear and tear.

Your warranty does not:

- cover freight or any other costs incurred in making a claim, consumable items, accessories that by their nature and limited lifespan require periodic renewal (such as filters and seals) or any consequential loss or damage; or
- cover damage caused by:
  - power surges, power dips, voltage supply problems, or use of the product on incorrect voltage;
  - servicing or modification of the product other than by Sunbeam or an authorised Sunbeam service centre;
  - use of the product with other accessories, attachments, product supplies, parts or devices that do not conform to Sunbeam specifications; or
  - exposure of the product to abnormally corrosive conditions; or
- extend beyond 3 months if the product is used in commercial, industrial, educational or rental applications.

The benefits given to you by our warranty are in addition to other rights and remedies under law in relation to the product.

In Australia our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and for compensation for any other foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.

Our goods also come with guarantees that cannot be excluded under the New Zealand Consumer Guarantees Act.

If your warranty claim is not accepted, we will inform you and if requested to do so by you, repair the product provided you pay the usual charges for such repair. You will also be responsible for all freight and other costs.

Should your product require repair or service after the warranty period, contact your nearest Sunbeam service centre. For a complete list of Sunbeam's service centres, visit our website or call our customer service line for advice on 1300 881 861 in Australia, or 0800 786 232 in New Zealand.

Need help with your appliance?

Contact our customer service team or visit our website for information and tips on getting the most from your appliance.

In Australia

Visit www.sunbeam.com.au

Or call 1300 881 861

In New Zealand

Visit www.sunbeam.co.nz

Or call 0800 786 232

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